

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT®

Kursnummer: 242121

Ort: Rialto, Kursschwimmbecken Bahn 3
Adresse:
Birsigstrasse 45
4054 Basel

Lerninhalt: **Aqua-Fit®** is jogging in deep water to music whilst wearing an air jacket, provided by the instructor, which supports the posture, absence of gravity and natural buoyancy.
Aqua-Fit® is approved for top-class and leisure-time sports as well as for rehabilitation.
This **joint-friendly** sport is not only suited to athletic people but also for people who are unfit or overweight.
The goal is to achieve high calorie burn by constant movement in 28°C warm water. You can join a course to any time.
All our **Aqua-Fit®** courses are approved by „Qualitop“.

Your **Aqua-Fit®** course will then automatically extend for a further period when the current class ends. If you wish to discontinue your classes you must adhere to the 4 week notification period before the 30th of June or the 31st of December. Otherwise you remain enrolled.

Trainer: Regula Saner

Kursniveau:

Bemerkung:

Kosten: 378.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	09.09.2024	20:00 - 20:50
	16.09.2024	20:00 - 20:50
	23.09.2024	20:00 - 20:50
	14.10.2024	20:00 - 20:50
	21.10.2024	20:00 - 20:50
	28.10.2024	20:00 - 20:50

04.11.2024	20:00 - 20:50
11.11.2024	20:00 - 20:50
18.11.2024	20:00 - 20:50
25.11.2024	20:00 - 20:50
02.12.2024	20:00 - 20:50
09.12.2024	20:00 - 20:50
16.12.2024	20:00 - 20:50
